

# GROWTH IN SELF-ESTEEM: THE KEY TO HEALTHY RELATIONSHIPS

*"In all the world there is no one else exactly like me. "*

Virginia Satir

## Do you want to grow in :

- **DISCOVERING** the "well" within/ the beautiful **work of art** you are?
- **KNOWING & ACCEPTING** yourself and others?
- **EXPERIENCING** inner healing and connectedness?

## THEN, this 7-week workshop is for you!

Each session will include:

- ◆ Theoretical Presentation.
- ◆ Meaningful experiential activities, such as :
  - Journaling
  - Guided imagery
  - Creative expression.

**DATE:** Beginning **Wednesday**, September 27, 2000. 3:30-5:00 pm

**PLACE:** **SGW Annex Z Room 105**  
2090 Mackay

**INFO. & REG.:** Michelina Bertone, SSA 848-3591